



Dr. K's Guide to Mental Health

Depression Module | Negative Emotions | Worksheet

Exercise: Write 1 page about your relationship with hopelessness.

When have you been punished for trying? How long have you felt hopeless? When was the last time that you felt hope? What happened in between?



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What does hopelessness protect you from?

Write down the thoughts that your mind produces that motivate hopelessness.

When you start to take steps to correct your life, what does your mind do?